

Shelby Bottoms Nature Center



Winter 2015-2016 Program Schedule

Shelby Bottoms Nature Center is open:
Tues/Thurs/Sat — 9 am to 4 pm
Wed/Fri — 12 to 4 pm

Shelby Bottoms Greenway is open
7 days a week from dawn to dusk.

Mailing Address:
Shelby Bottoms Nature Center
1900 Davidson St.
Nashville, TN 37206

Phone: 615-862-8539

Fax: 615-262-0245



Email: shelbybottomsnature@nashville.gov

Website: www.nashville.gov/Parks-and-Recreation/Nature-Centers-and-Natural-Areas/Shelby-Bottoms-Nature-Center.aspx



Requests for ADA accommodation should be directed to the Nature Center at (615) 862-8539.



Winter at the Beavers' Addition to Hidden Pond by John Michael Cassidy

Winter is approaching and so is the 8th anniversary of Shelby Bottoms Nature Center! This season we will have a number of programs to celebrate winter, both indoors and out; day and night. Winter is the perfect time to get out and enjoy the return of the migrant waterfowl and the sights which are now unveiled by the fallen leaves of trees and shrubs: raptor nests, mistletoe, and the unique fungi on the forest floor.

Take a walk, come to a program, or just drop by the nature center and have an afternoon of fun. We will be closed a few days this holiday season: **Dec 24—26 and Jan 1—2**. So happiest of holidays to you and yours, whatever you choose to celebrate!

December

Happy Birthday, SBNC!!!

Tuesday, December 1
1—3 pm
All ages
No registration

Guess who turns 8 years old today...?!? This super fabulous nature center does! Come by the nature center for a slice of cake and a short stroll down memory lane to celebrate with us.
Leader: Christie Wiser and SBNC staff

Body Works

Saturday, December 5
9:30—10:30 am
Ages 18+
Registration required

This mat class focuses on lengthening, stretching and strengthening the body. Combining core training, yoga, Pilates, balance and flexibility, this will be especially helpful for cyclist and runners.
Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of BestUWellness.com

Short Nature Walk

Saturday, December 5
10—11 am
All ages
No registration

Join us for a short jaunt on our paved paths around the nature center. We will highlight some interesting areas and look for wildlife.
Leader: John Michael Cassidy

Naturally Gifted

Saturday, December 5
12—2 pm
All ages
No registration

Swing by the nature center to learn some ways to make holiday gifts with mostly natural materials you might have in your very own yard. Eco-friendly and thoughtful gifts can go a long way!
Leader: Christie Wiser

Candlelit Body Works

Thursday, December 10
6—7 pm
Ages 18+
Registration required

The coming of the winter season and the holidays is a reminder to slow down, take the time to create space for quiet reflection, restoration, awareness of breath, focus on gratefulness and the honoring of the true needs of the body, soul, and spirit. Join our regular instructor Carol Frazier for this special candlelit edition of Body Works. We will also be collecting healthy canned and boxed goods for Second Harvest Food Bank.

Call 615-862-8539 or [email shelbybottomsnature@nashville.gov](mailto:shelbybottomsnature@nashville.gov) to register for programs.
Programs could be cancelled due to inclement weather or low participation.

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Fire-Building



Saturday, December 12
2—3:30 pm
Ages 9+
Registration required

Learn numerous basic fire-building skills and tips using different methods in this traditional fire enjoying season.
Leader: John Michael Cassidy

Bicycle-Touring the Natchez Trace

Thursday, December 17
6:30—7:30 pm
All ages
No registration

We will discuss the basics of bicycle touring and highlights of the 444 mile Natchez Trace Parkway which runs from Nashville, TN to Natchez, MS. JMC's first touring trip was "The Trace," and he will combine his tips with other helpful insight. Beginners and veteran bicycle tourers are encouraged to provide insight and field questions.
Leader: John Michael Cassidy & Friends

Shelby Park After Dark



Friday, December 18
6—7 pm
All ages
Registration required

The longest night of the year is nearly here! After the solstice next week, the nights will begin to get shorter again. So let's venture out into the park to see what the animals do after dark. We'll meet in the lot by the big silver bird under the light of the silver moon.
Leader: Denise Weyer

S'more the Merry

Saturday, December 19
10 am—12 pm
All ages
Registration is suggested

Join us for this holiday extravaganza filled with fun crafts, winter stories, and s'more (making)!
Leader: Christie Wiser

The Ten Essentials and other Hiking/ Backpacking Tidbits

Saturday, December 19
1 – 4 pm
All ages
No registration

An introduction to gear and basic skills with an open house style event. Program leaders will provide information on general and preferred gear, maps, locations, trip photos, and insight.
Leader: John Michael Cassidy and guests

Winter Solstice Hike

Tuesday, December 22
5—6 pm
All ages
Registration required

Hooray...!!!! Winter is here, which means that spring is somewhat near. Join us for a nature hike in celebration.
Leader: Christie Wiser

January

Color Me HAPPY



Wednesday, January 6
6—7 pm
Ages 21+
Registration required




Learning to color is one of the first basic forms of art we learn to create in our early childhood years. We discover how colors symbolize emotions, times of the day and year, plants and animals; all while showing the young mind how to stay in the lines and create depth with shades. This program will allow participants to once again embrace the benefits of sitting down with paper, crayons, and the time to finish a coloring sheet. Materials and light snacks will be provided.
Leader: Christie Wiser

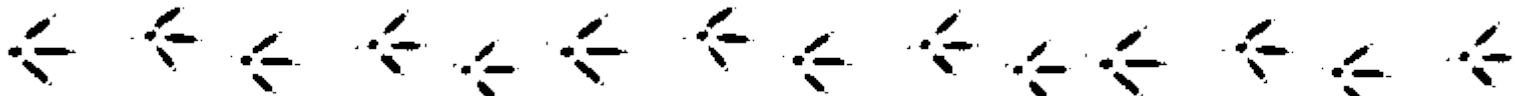
Calm, Quiet and Still Hike

Saturday, January 9
2—3 pm
Ages 14+
Registration required

Winter can bring on "stillness" throughout the park that can sometimes be hard to describe if not experienced. Join me for a short hike around the 1 mile loop as we take in this dormant phase of nature. We will also pause on the observation deck for a few moments to add to our relaxing voyage so please dress warmly if needed.
Leader: Christie Wiser



Where Am I? Intro to Navigation	Saturday, January 9 1:30—4 pm All ages No registration	We will discuss topics regarding locating where you are and where you want to go with hands-on activities — compass, maps, etc. Leader: John Michael Cassidy
Birds of a Feather – Around the World	Saturday, January 16 10 am—12 pm All ages Registration required	Birds have played an important role in mysticism and symbolism in many cultures around the world. We will highlight and learn about different species of birds that indigenous peoples around the world have held high. Leader: John Michael Cassidy
Scat Scoot 	Saturday, January 16 2—3 pm All ages Registration required	Join us for an easy hike on our paved and primitive trails while we search for “proof” of wildlife activity! And yes, “the proof is in the poop!” We will likely see deer, coyote, and bird “scat” that indicates what animals have been where and what they have been eating. Leader: Christie Wiser
Turtle Tracks	Wednesday, January 20 10—11 am Ages 3—5 Registration required	What's a day in the life of a box turtle like? Come meet our resident box turtle and find out, by learning all about these magnificent reptiles! Leader: Debbie Sykes, Walden’s Puddle Volunteer
Coffee Social  	Saturday, January 23 7—9 am All ages No registration	All early-risers (regulars and visitors) who enjoy Shelby Bottoms are welcome to join us in the classroom and back-porch for some quality (shade grown) coffee and tea. Meet “the guy with the dog” or the “family with the stroller” you always roll by; ask our staff a question; or just enjoy the birds on the porch. Leader: John Michael Cassidy and Jim Hicks
Poetry in the Park: The Art of Writing Haiku Poetry	Saturday, January 23 2—3pm Ages 13+ Registration required	Come to Shelby for an afternoon class on the history of haiku poetry, a traditional Japanese style which is characterized by its short length, specific number of syllables, and poignant imagery which is often about nature. After a brief discussion of the haiku and its form, we will write our own haikus, inspired by the natural beauty of Shelby Bottoms. Leader: Kiki Dombrowski, Volunteer Naturalist and Metro Parks staff
Owl Prowl	Friday, January 29 5:30 – 7pm All ages Registration required	Join us for a quiet walk in the dark, we will look/listen for active wildlife, and learn about owl-activity in the winter months. Leader: John Michael Cassidy
Tracks and Traces	Saturday, January 30 10 am – 12 pm All ages Registration required	It’s January and there’s plenty of mud in Shelby Bottoms! Unless it’s frozen of course... So let’s hope for a seasonable day! We’ll learn a little about the tracks and signs the more common critters in the park leave behind and then we will head out to try out our skills! It’s all for fun! Leader: Denise Weyer





February

Mark Hackney

Chinese New Year

Saturday, February 6
11 am—1 pm
All ages
No registration

Join us to celebrate Chinese New Year and learn about some cultural practices and unique habitats from the world's most populated country. We will have photos and maps from personal experiences in China and some activities for all ages: crafts, tea-tasting, etc.
Leader: John Michael Cassidy

Many Moons

A collection of art
by *Christie Wiser*

Saturday, February 6
6—8 pm
All ages
No registration

Various forms of art inspired by a lifetime of admiration for one of nature's most marvelous creations: the moon. Exhibit will show through the end of April.

Love Birds Picking Party ~and~ Winter Wonderland Cake Walk

Thursday, February 11
6—8 pm
All ages
Registration required

Love is in the air and the winter season is in full effect so let's celebrate!! Drop by the nature center for a fantastic evening of music and fun. We encourage you to bring a string instrument for our picker's circle, or just come to listen. We will also be hosting our first ever attempt at a good old fashion Cake Walk! Cake walks are as fun and easy as playing musical chairs, and you just might win a cake! There will be crafts, stories & more. Also, you can show your love for the nature center by bringing a bag of bird seed for our educational bird feeding station, or a donation.
Host: Christie Wiser and Mike Teaney

Star Party with



Saturday, February 13
6:30—8:30 pm
All ages
No registration

Join us with our partners, the [Barnard Seyfert Astronomical Society](#), for an open house style event held outside of the nature center in the event field. Astronomers from BSAS will have telescopes on hand to view the heavens. Bring your best questions! Cancelled if the weather is not suitable.

MicroADVENTURES



Saturday, February 20
10 am – 12 pm
Ages 7+
Registration required

"Microadventures are adventures that are close to home, cheap, simple, short, and yet very effective. A Microadventure has the spirit (and therefore the benefits) of a big adventure." - [Alastair Humphreys](#), British adventure and author/speaker on "Microadventure: Local Discoveries for Great Escapes." Join us for activities regarding basic concepts in the book, creative plans, and what to pack.
Leader: John Michael Cassidy

Winter is Weird

Saturday, February 20
2—3 pm
All ages
Registration required

Getting out and enjoying nature this time of year is often dismissed due to colder temps and lack of foliage. Yet many exciting discoveries are on display this time of year- old nests, dried grasses, animal tracks, galls and more. Join me for a short hike where I will point out a few of these oddities.
Leader: Christie Wiser

Woodcock Watch

Thursday, February 25
5—6 pm
All ages
Registration required

Join us for an outing in the park with hopes to get the chance to observe the American Woodcocks that can often be seen this time of year!
Leader: Christie Wiser

Bird Banding: 2015 in Review

Saturday, February 27
10—11
All ages
No registration

We've been banding birds for over a year now. Come learn a little about the project, see the data we've collected over the past year, and what we do with it. We'll also hear about the [Rusty Blackbird](#) project to start in March for a once common species now in steep decline. Leader: Denise Weyer



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